



# FORCES IN TRAINING

## SHEARWATER FITNESS AND SPORTS CENTRE FALL CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT
7:00-8:00		LANE SWIM		LANE SWIM		
7:30-8:15	FORCE PREP		FORCE PREP		FORCE PREP*	
10:00-10:45	KETTLEBELL		FUNCTIONAL STRENGTH		RANGE OF MOTION	SPIN (9:30-10:30)
11:45-12:30	SPIN	TRX	SPIN	FUNCTIONAL STRENGTH	YOGA	
12:00-13:00	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	
18:00-19:00	YOGA	BOOT CAMP	YOGA	BOOT CAMP		

\*Last Friday of each month is FORCE Famil